

ABSTRACT OF THE DISCLOSURE

A seek control method carries out a seek to a target position on a recording medium by moving a light beam spot which is irradiated on the  
5 recording medium. The recording medium has a first region in which information recording is made as variations in optical or magneto-optical properties and a second region in which information recording is made as variations in geometrical configuration,  
10 and the first and second regions are provided in different areas on a recording surface of the recording medium. The seek control method includes the step of carrying out a control so that a seek operation from a seek start position within the  
15 first region to a seek target position within the second region and a seek operation from a seek start position within the second region to a seek target position within the first region differ.

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